



Natures Laundromat

Fresh clean laundry hanging on the line brings me back to my childhood. Mom clipping the white cotton sheets onto the line with wooden pegs, then throwing out the line to make new space for the next sheet or towel or blouse. I remember loving the smell of the fabric when it was dry and neatly folded. The ringer washer was a bit scary but if a person could get the laundry done without crushing a hand that was a bonus. We are lucky to have the convenience of using an automatic dryer, but it comes at a cost.



Hanging laundry out to dry has many benefits such as

- lower power consumption which saves money and the environment
- fabric lasts longer
- fabric smells fresher
- sun is a natural bleach
- It's a good workout for your arms
- It gets you outside in the fresh air

Some neighborhoods do not allow clothes lines so make sure that it is appropriate for your area.

The Happy List

What Makes You Happy?

- | | | |
|-----------------|----|-------|
| 1. Ice Cream | 1. | _____ |
| 2. Forest walks | 2. | _____ |
| 3. Old friends | 3. | _____ |
| 4. Baseball | 4. | _____ |
| 5. Penguins | 5. | _____ |
| 6. Sleeping in | 6. | _____ |
| 7. The Beatles | 7. | _____ |
| 8. Watermelon | 8. | _____ |



Healthy employees usually have one thing in common - a balanced life. Even though it is important to find fulfillment from ones job it may lead to serious emotional instability if we put all of our eggs in one basket.

Some things in a work place are out of our control due to business decisions based on finances and growth strategies. So on one hand loving your job is a perfect scenario, developing a full and rewarding life outside of work may be even more important for health. Developing hobbies and healthy lifestyle habits involving sports activities can last a lifetime whereas a job at some point may come to an end. Coming to work in a good mood because you've had a great weekend or because you enjoyed the company of friends and family can be energising. Handling the public and co-workers in a respectful way is much easier when we can put things into perspective. When life is full....that grouchy customer doesn't envelop your whole emotional well being. The grouchy customer or co-worker are just a small part of a big picture.

If you feel so tired after work that you don't have energy for the fun stuff then try this;

- Do exercise before you get home
- Have a protein snack around 3pm
- Walk after dinner
- Drink a big glass of water before the evening cocktail
- Have a picnic dinner instead of couch and tv dinner
- Go to bed early, you'll have more energy the next day

To contribute ideas to the Wellness Newsletter
please contact Sue Tompkins
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Bike Maintenance and Safety



It's probably no surprise that tires are the most important feature for bike safety. When tire pressure is too low wheels can bend and flats are more prevalent. When changing a flat, look for any sharp object that may be jammed in the tire wall, if left it will just puncture the new tube.

Check your brakes by squeezing them a couple of times before you begin the ride. If they seem as though they are not working properly take the bike in to the local bike shop, brakes are not something to fool with.

Don't forget to check your wheels quick release lever. It could be a disaster if your wheel was not properly attached.

Leave plenty of room between yourself and the curb or between yourself and parked cars.

Car doors open unexpectedly, so allow enough room for a swinging door. More people have been injured or killed from riding into open car doors than any other cycling situation.

Don't pass on the right. If a car is too slow pull in behind the car, that way they can see you.

The picture below shows how a rider strapped a shortened pool noodle to the back of the bike to show drivers the width of handle bars and rider.





Our health depends on many things but the most basic and important factors are clean air, water and food. We can take steps to help improve our air quality, it may seem overwhelming but each small act done by many individuals can make a difference.

- Car pool, walk, cycle or use city transit when possible
- Think ahead about making unnecessary car trips to do chores, be efficient when planning
- Minimize idling
- Keep your vehicle well tuned
- Save on energy to reduce the burning of fossil fuels by turning off lights, turn down the heat, insulate your home and water heater, use energy efficient appliances.

Be careful about small air borne particles which can slip past your lungs natural defense system. The particles can become lodged deep in the lungs and may cause asthma, bronchitis and other lung diseases. Pay special attention to the air quality index before going out to do exercise. Hot afternoon sun dries dirt creating a dusty mix that vehicles and wind swirl into the air. Avoid breathing it in by covering your face with a scarf on this kind of day.

Indoor Air Quality

Indoor plants exchange carbon dioxide with oxygen, which almost sounds too good to be true, but it's really the perfect relationship. Increasing the greenery in the work place and home not only brings oxygen into the space but some plants actually filter out volatile substances in the air. The Spider plant for instance filters out benzene, formaldehyde, carbon monoxide and xylene.

Top air cleaning plants are:

- Garden Mum
- Spider Plant
- Dracaena
- Ficus/Weeping Fig
- Peace Lily.
- Boston Fern
- Snake Plant
- Bamboo Palm

The symptoms you may experience from poor indoor air quality are:

- headaches, fatigue, and shortness of breath
- worsening allergy and asthma symptoms.
- sinus congestion, coughing and sneezing
- eye, nose, throat, and skin irritation



Recipe

Cod and Potato Stew

- 1 onion finely chopped
- 1 leek washed and finely sliced
- extra virgin olive oil
- 2 medium zucchini chopped
- 1 lb peeled potatoes
- 2 anchovies
- 1 cup white wine
- 2 cups milk
- 2 cups organic stock
- 2 lbs sustainable cod
- salt
- black pepper
- 1 bunch flat leaved parsley
- 1 bunch spring onions
- juice of 1/2 lemon
- lemon zest



Saute onion and leek with 5 tbsp of olive oil for 5 minutes until soft and tender.

Chop the potatoes into one inch cubes and add to pan with the chopped zucchini. Give everything a good stir and then add the anchovies. Turn the heat up and add the white wine. Allow to cook down by half before adding your milk and stock.

Bring to the boil and simmer for half an hour until the potatoes are tender. At this point, add your cod and simmer for a further 15 minutes until the flesh flakes away.

Season carefully to taste. Divide between your bowls, and serve with a small handful of parsley and spring onion dressed with a little olive oil and lemon juice and zest.